

## Overview

This standard identifies the requirements when you support individuals to move and position by working in partnership with the individual throughout. This also includes preparing yourself, the environment and equipment before you support individuals to move and position.

## Performance criteria

### *You must be able to:*

1. establish consent and access information on the moving and positioning requirements of individuals
2. work in partnership with individuals and others to identify and agree moving and positioning support, in line with the preferences, needs and care or support plan of individuals
3. work in partnership with individuals and others to agree methods and equipment required to support individuals to move and position, in line with preferences, needs and care or support plan
4. work in partnership with others to plan, carry out, and co-ordinate moving and positioning
5. wear suitable footwear and clothes to support individuals to move and position
6. ensure infection prevention and control methods and personal protective equipment are used
7. prepare environments to support individuals to move and position
8. collect and prepare equipment required to support individuals to move and position
9. encourage and support the independence of individuals to move and position
10. support individuals to move and position in ways that minimises pain, discomfort, and friction
11. support individuals to check positioning meets their comfort, preferences and needs
12. ensure environments are left tidy and safe
13. clean and return equipment, leaving it ready for next use
14. contribute to records and reports required for supporting individuals to move and position
15. reflect on how you carried out your roles and responsibilities to support individuals to move and position, with feedback from others

## Knowledge and understanding

### *You need to know and understand:*

1. how to access and review information about individual's preferences and needs and care or support plan requirements for moving and positioning
2. the influence of culture and background on the support individuals require for moving and positioning
3. how to encourage and support the independence of individuals to move and position and why this is important
4. the mobility limitations of individuals and how to support with moving and positioning
5. how health conditions can impact the movement and positioning of individuals
6. how the body moves and the effects of immobility on muscles, joints, pain, discomfort and pressure areas
7. the influence of neurodivergence and additional needs on the support individuals require to move and position
8. the potential impact falls can have and how to prevent falls
9. the importance of correct moving and positioning on skin integrity and pressure sores
10. the types of equipment that can be used to support individuals to move and position, including the use of digital tools and devices
11. the importance of ensuring equipment is clean, in good working order, and used correctly
12. the importance of working in partnership with others to plan, carry out, and coordinate moves
13. how to apply trauma informed principles to support individuals to move and position
14. methods of providing individuals with safe physical support when moving and positioning
15. the importance of dignity, kindness and compassion when supporting individuals to move and position
16. how to support emotional regulation during moving and positioning
17. how to carry out effective hand hygiene and use personal protective equipment to move and position individuals, and why this is important
18. how and why environments should be prepared and left tidy and safe after
19. how changes to preferences, conditions and circumstances can impact how

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individuals are moved and positioned

20. the records and reports required for supporting individuals to move and position

21. the relevant legal requirements, standards of practice, frameworks and guidance for supporting individuals to move and position

22. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to move and position

23. how to work in partnership with others to support individuals to move and position

24. how to respond to issues or concerns that may occur when supporting individuals to move and position

25. how your personal experiences and unconscious bias may impact when supporting individuals to move and position, and how to address this

26. the role of supervision, reflective practice and learning and development in supporting individuals to move and position

## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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